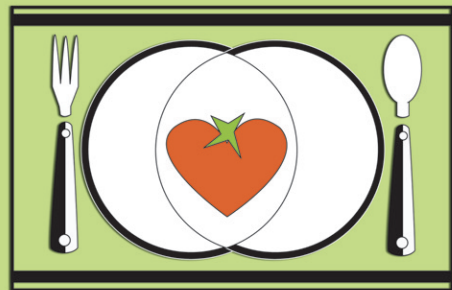


EAT TOGETHER!!

www.hood-meddac.army.mil/promo/april/



FAMILIES THAT **EAT TOGETHER** ACHIEVE TOGETHER...

RECENT STUDIES SHOW GREAT BENEFITS
FOR YOUNG PEOPLE THAT SHARE FAMILY
MEALS TOGETHER:



HIGHER ACADEMIC
ACHIEVEMENT



HIGHER
SELF ESTEEM



LOWER RISK OF
SUBSTANCE ABUSE
& DEPRESSION

AND MUCH MUCH MORE....

Darnall Army Community Hospital
Nutrition Care Department



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